





March 2016 ROCKPORT COA 58 Broadway 978-546-2573
SENIOR CENTER HOURS 8:00-4:00PM Mon.-Thurs. 8:00-1:00PM Fri.



**Mall Shopping with CATA
every Wednesday. Pick up
at the Senior Center.
Call CATA for reservations,
978-283-7916**

Tues. 1
VOTING HERE!
No Classes or Activities
***Tax Assistance will take place at
the Police Station 1:00-4:00PM***



Wed. 2 
9:00-10:00 Tai Chi
9:30 CATA Mall Shopping Pickup
11:30-12:15 Traveling Chef Lunch
1:00-3:00 Elizabeth's Art Class

Thurs. 3 
9:00-10:00 Yoga
9:30-11:00 Register for Programs
10:00-11:00 Senior Mobile Market
10:30-11:30 Free Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:30-3:30 Knitting/Quilting


Fri. 4
10:00-12:30 SHINE by Appointment
10:00-11:00 Strength/Balance
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 7
10:00-11:00 Strength/Balance
11:30-12:15 Lunch
1:00-3:30 Bingo
1:00-2:00 Medication Safety



Tues. 8  
9:00-10:00 Yoga
11:30-12:15 Lunch
1:00-4:00 AARP Tax Help
1:30-3:00 Register for Programs
1:30-3:30 Carla's Art Class

Wed. 9
9:00-10:00 Tai Chi
9:30-10:30 Dick Curran
9:30 CATA Mall Shopping Pickup
11:30-12:15 Lunch
1:00-3:00 Elizabeth's Art Class

Thurs. 10 
9:00-10:00 Yoga
9:30-11:00 Register for Programs
9:30-11:30 Nurse
10:30-11:30 Free Duplicate Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:00-3:30 Knitting/Quilting

Fri. 11
10:00-11:00 Strength/Balance
11:30-12:30 Yoga
11:30-12:15 Lunch




Mon. 14
10:00-11:00 Strength/Balance
11:30-12:15 Lunch
1:00-3:30 Bingo



Tues. 15  
9:00-10:00 Yoga
11:30-12:15 Lunch
1:00-4:00 AARP Tax Help
1:30-3:00 Register for Programs
1:30-3:30 Carla's Art Class

Wed. 16 
9:00-10:00 Tai Chi
9:30 CATA Mall Shopping Pickup
11:30-12:15 Lunch
12:30-1:30 Be Prepared for an
Emergency

Thurs. 17 
9:00-10:00 Yoga
9:30-11:00 Register for Programs
10:30-12:00 Free Duplicate Bridge Lesson
11:30-12:15 **Special Lunch with Music**
12:00-4:00 Duplicate Bridge
1:00-3:30 Knitting/Quilting

Fri. 18
9:00-10:00 Strength/Balance
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 21
9:00-10:00 Strength/Balance
11:30-12:15 Lunch
1:00-3:30 Bingo


Tues. 22  
9:00-10:00 Yoga
11:30-12:15 Lunch
12:30-2:00 Jewelry Making Class
1:00-4:00 AARP Tax Help
1:30-3:00 Register for Programs
1:30-3:30 Carla's Art Class

Wed. 23
9:00-10:00 Continental Breakfast
9:00-10:00 Tai Chi
9:30 CATA Mall Shopping Pickup
10:30-11:30 Signs & Symptoms of
Cardiac Disease 
11:30-12:15 Lunch


Thurs. 24
9:00-10:00 Yoga
9:30-11:00 Register for Programs
10:30-12:00 Free Duplicate Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
1:30-3:00 Knitting/Quilting

Fri. 25
9:00-10:00 Strength/Balance
11:30-12:30 Yoga
11:30-12:15 Lunch

Mon. 28
10:00-11:00 Strength/Balance
11:30-12:15 Lunch
1:00-3:30 Bingo

Tues. 29 
9:00-10:00 Yoga
9:00-12:00 Bowl Painting
11:30-12:15 Lunch
1:00-4:00 AARP Tax Help
1:30-3:00 Register for Programs
1:30-3:30 Carla's Art Class

Wed. 30 
9:00-10:00 Tai Chi
9:15 Tower Hill Day Trip
9:30 CATA Mall Shopping Pickup
11:30-12:15 Lunch
1:00-3:00 Elizabeth's Art Class

Thurs. 31 
9:00-10:00 Yoga
9:30-11:00 Register for Programs
10:30-12:00 Free Duplicate Bridge Lesson
11:30-12:15 Lunch
12:00-4:00 Duplicate Bridge
12:30-1:00 Birthday Party
1:30-3:00 Knitting/Quilting

**Registration Times for Classes
& Activities that require payment are
Tuesdays, 1:30-3:00PM
Thursdays, 9:30-11:00**